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**Multi-Media Assignment: Nutrition**

**Introduction:**

Back in the old days before 1994, students had to use textbooks, magazines, [newspapers,](http://www.nytimes.com/) and the [library to collect information](http://lib.sdstate.edu/). These are still good resources, but now you can also use the Internet. Explore the links below. Look for facts, quotations, examples, images, sound clips and video files that define the topic of your assignment. You'll be saving some of these and creating something.

by B.Smith

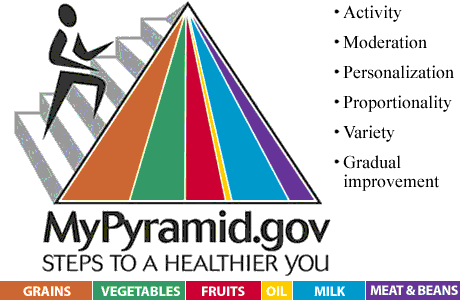
**Instructions:**

1. Explore these Internet sites looking for facts, quotes, examples, images, and videos that you think are important aspects of the topic.
2. Check for a copyright notices (usually at the bottom of the page). Most of the time, you can use images, etc. for classroom use only. If there is an e-mail link on the page, you can ask for permission to use the work. Be prepared to cut anything that copyright owners don't want you to use.
3. Copy text by dragging across the words, right click and choose Copy from the menu OR highlight and use the Edit - Copy command on the menubar. Paste what you highlighted into a Word Document.
4. Save images by right-clicking and [downloading them](http://www.kn.pacbell.com/wired/fil/tips/grab_web.html). Save the images in a folder until you're ready to use them. Remember to name them using the [proper three letter extension](http://www.why-not.com/articles/formats.htm) at the end of the file name.
5. Once you have collected your information and examples, consider why you collected them and why they are important.
6. Additional Resources at the bottom of the page can be used to find factual information on your topic.
7. **Your final assignment is to create a poster, PowerPoint presentation, or collage that depicts how you feel about Nutrition.**

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**Internet Resources:**

Information:



[Food Guide Pyramid](http://www.mypyramid.gov/)

[News Articles](http://www.sciencedaily.com/articles/health_medicine/nutrition/)

Quotes:

[Nutrition Quotes](http://www.topendsports.com/resources/quotes.htm)

Images:

[Nutrition Images](http://images.google.com/images?hl=en&rlz=1R2ADFA_enUS340&oq=&q=nutrition+images&um=1&ie=UTF-8&ei=CWlkS4rcAZC-NveyiekG&sa=X&oi=image_result_group&ct=title&resnum=1&ved=0CBIQsAQwAA)

[Nutrition Images](http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=2&tax_subject=270&topic_id=1312)

Videos:

[Nutrition Video](http://www.youtube.com/watch?v=D6WUzEbzdiA)

[Nutrition Video](http://www.youtube.com/watch?v=0N1sOocoiyA)